

Preparing for Your Home Safety Assessment



Helping you get the most from your Occupational Therapy visit

Thank you for choosing Better Balance Occupational Therapy Services.

Your Home Safety Assessment is designed to help you stay safe, independent and confident in your own home. We'll work with you to understand what's important to you and identify practical ways to make everyday activities easier.

Before your appointment

✓ Think about your daily routine

Consider the activities that have become more difficult, such as:

- Getting in and out of bed
 - Using the bathroom
 - Showering
 - Preparing meals
 - Moving around your home
 - Going outside or using steps
-

✓ Tell us about any falls or near falls

Even if you weren't injured, please let us know if you've:

- Had a fall in the last 12 months
- Nearly fallen
- Started feeling less steady
- Begun holding onto furniture or walls when walking

These details help us identify ways to reduce your risk of future falls.

✓ Have any equipment you already use available

Examples include:

- Walking stick or walker
- Shower chair
- Over-toilet aid
- Wheelchair or scooter
- Lift chair

Even if you don't use them often, we'd like to see how they fit your needs.

Preparing for Your Home Safety Assessment

✓ Make sure we can access the areas you'd like us to assess

This may include:

- Bathroom
- Bedroom
- Kitchen
- Laundry
- Entry and exit points
- Outdoor paths, steps or ramps
- Garage or car access

You don't need to...

- ✗ Deep clean your home
- ✗ Move furniture
- ✗ Hide clutter or equipment
- ✗ Purchase equipment before we arrive

Seeing your home as you normally use it helps us provide the most practical and personalised recommendations.

What happens during the assessment?

Your Occupational Therapist may:

- Talk with you about your goals and daily activities.
- Observe how you move around your home.
- Assess areas where you feel less safe or confident.
- Discuss options to improve your independence.
- Recommend practical strategies, Assistive Technology or Home Modifications where appropriate.

Every recommendation is tailored to your individual needs, home and lifestyle.